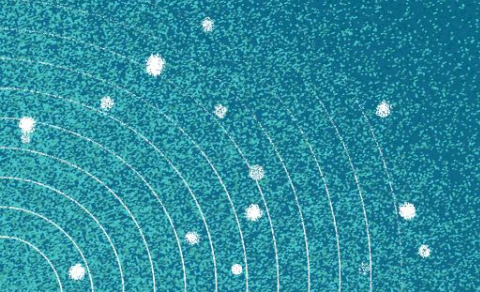


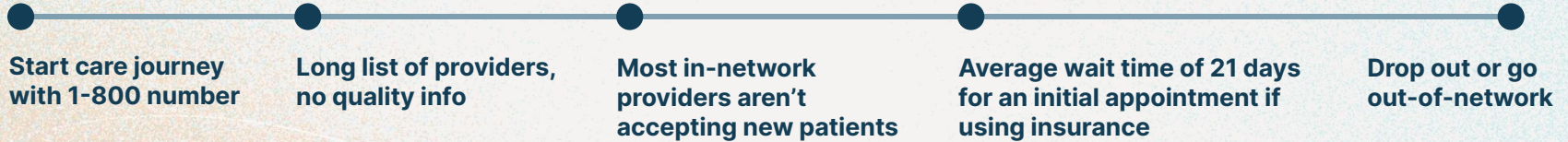
Lyra | Morgan Stanley

Get to know Lyra

Your mental health benefit



Lyra replaces the exhausting experience of finding care



"The process was very streamlined and put no burden on the client which is nice because figuring out how to get care covered can really be an obstacle to getting help. Lyra takes that obstacle away!"

— Lyra Member

How Lyra can help you



Parent & caregiver stress



Anxiety & depression



Work stress & burnout



Anger management



Alcohol use



Relationship challenges



Lyra's network of 11,200+ providers

All Lyra providers have been vetted for their expertise, effectiveness and evidenced-based practices

Lyra providers practice culturally-responsive care, meaning they see, respect and celebrate the aspects that make each member unique



Hear from Dr. Holman about Lyra's commitment to culturally-responsive care

Who can use Lyra?

As a covered employee (U.S. benefits-eligible Morgan Stanley employees, spouses and domestic partners, and dependents (up to age 26)), there's no cost to you, your spouse or your dependents, for up to 16 sessions per year with a Lyra therapist or coach.

At Lyra, every member of the family—including kids age 0+, teens, adults, and couples—gets the care they need.



How much does Lyra cost?

Access to care

Continued Care Through Your Health Plan

Who

U.S. benefits-eligible Morgan Stanley employees, spouses and domestic partners, and dependents (up to age 26), with the exception of any individuals living abroad.

What

Up to 16 coaching and therapy sessions

Cost

\$0

Who

All eligible members enrolled in a UHC or Cigna Health Plan.

What

Access to continued therapy sessions past initial 16 covered + medication management support

Cost

These sessions are billed through the health plan and subject to in-network behavioral and mental health cost-sharing, as defined under your health plan.

Eligible health plan members may continue seeing their provider past the company sponsored sessions

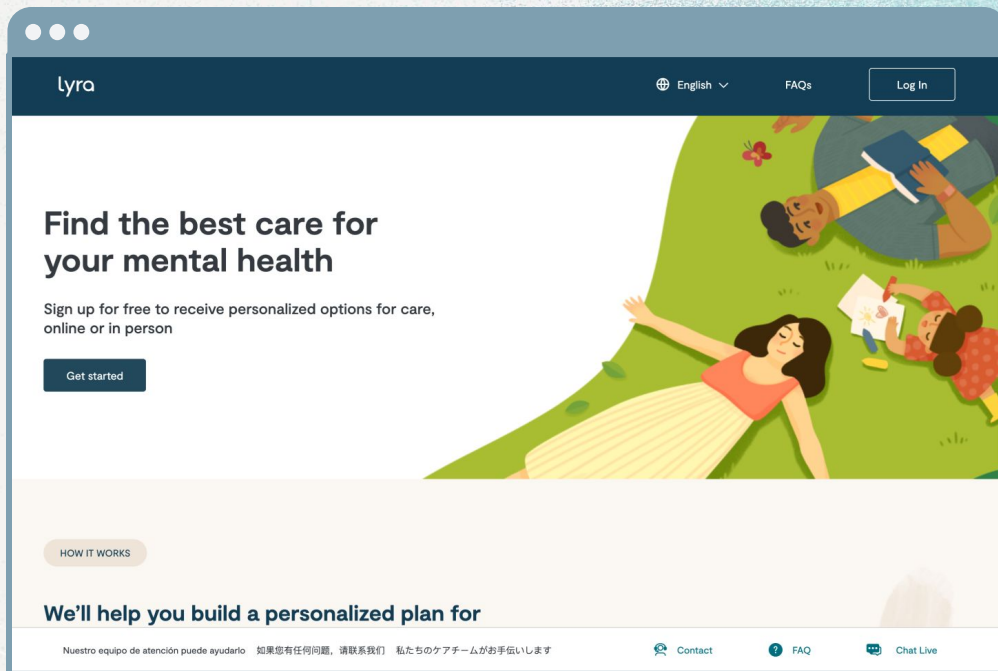


How members access care

Get started

Getting started with Lyra only takes 5 minutes

lyrahealth.com/morganstanley



The screenshot shows the Lyra website homepage. At the top, there is a dark blue navigation bar with the Lyra logo on the left, a globe icon followed by 'English' and a dropdown arrow, 'FAQs', and a 'Log In' button on the right. Below the navigation bar is a large hero section with a white background on the left and a colorful illustration of a family (a man, a woman, and a child) on the right. The man is lying on his back reading a book, the woman is lying on her side with her arms raised, and the child is sitting on the grass. The text in the hero section reads: 'Find the best care for your mental health', 'Sign up for free to receive personalized options for care, online or in person', and a 'Get started' button. Below the hero section is a section titled 'HOW IT WORKS' with a light blue background. The text in this section reads: 'We'll help you build a personalized plan for'. At the bottom of the page, there is a footer with the text: 'Nuestro equipo de atención puede ayudarlo 如果您有任何问题，请联系我们 私たちのケアチームがお手伝いします' followed by 'Contact', 'FAQ', and 'Chat Live' links.

Set up your account

Account setup

STEP 1 OF 3

Your first name

Your last name

Your date of birth (MM/DD/YYYY)

Password ⓘ

Are you an employee of [COMPANY]?

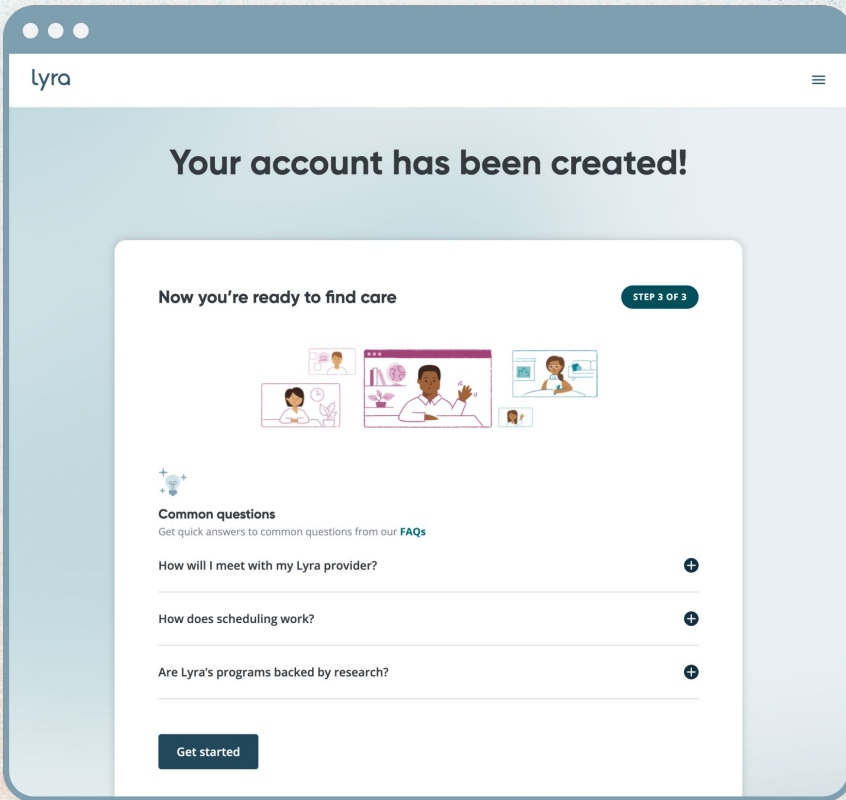
 Yes, I am No, I'm a dependent

Common questions

Get quick answers to common questions from our [FAQs](#)

Can I find care on behalf of someone else?

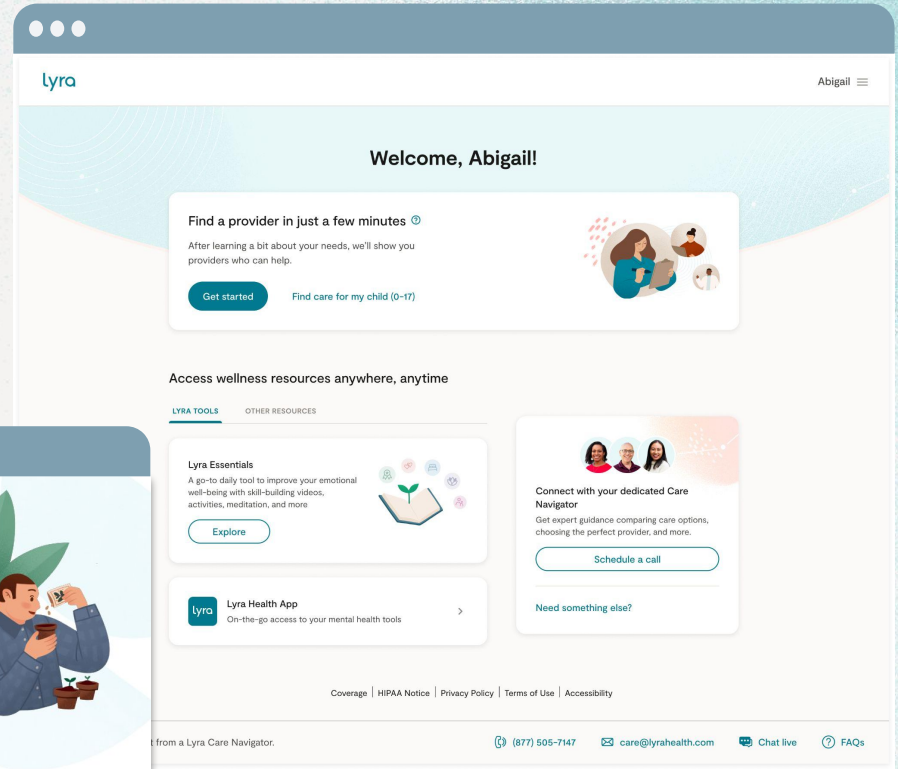
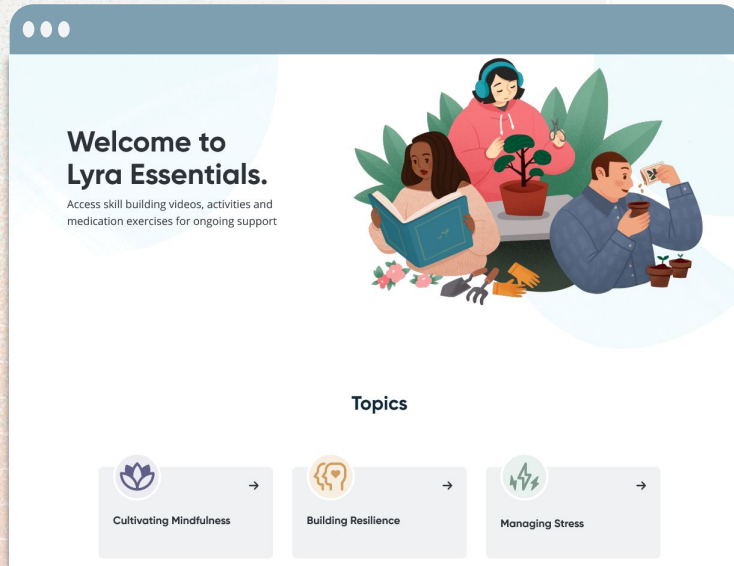
lyrahealth.com/morganstanley



company.lyrahealth.com

Explore Lyra's Homebase

Access to wellness resources, including Lyra Essentials, the Lyra Health mobile app and other resources such as work-life services



Share what you're experiencing

Complete a quick questionnaire to help Lyra better understand your needs

lyra Exit

What bring you to Lyra today, Abigail?

Pick the one that feels most relevant—you'll be able to add more details later.

- I feel anxious
- I feel stressed
- I feel sad or depressed
- I'm drinking or using too much
- I have family or relationship issues
- Something else

Your answers are confidential I'm not sure [Continue](#)

lyra Exit

Tell us a bit more about what you're experiencing.

Select all that apply—this helps us find the right provider for your needs.

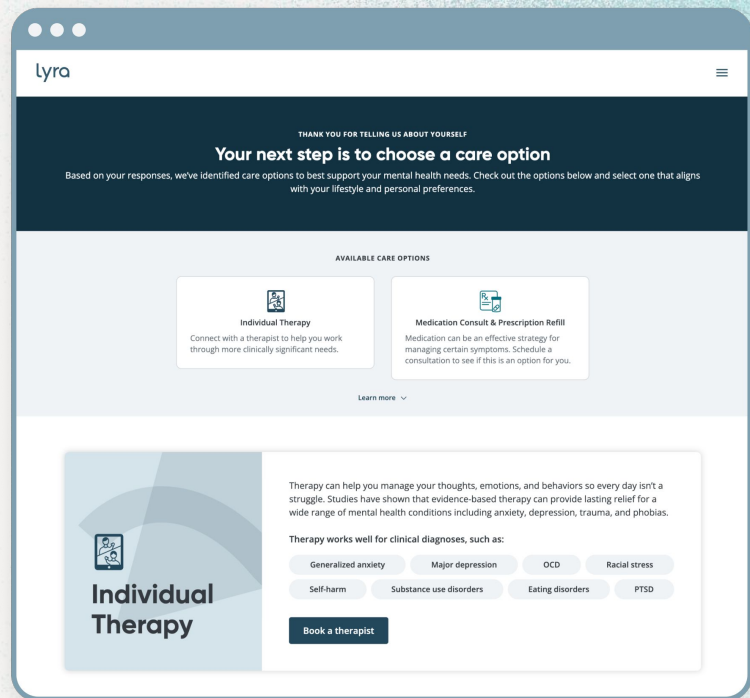
- Sadness
- Lack of enjoyment
- Anger
- Guilt
- Tense muscles
- Anxiety
- Feeling overwhelmed
- Restlessness
- Nervous or on edge
- Panic attacks
- Fear of social situations
- Obsessive thoughts
- Sleeping too much
- Difficulty sleeping
- Hopelessness
- Difficulty concentrating
- Worrying too much
- Trouble relaxing
- Feeling worthless

Your answers are confidential I'm not sure [Continue](#)

Questions? Our care team is here for you 24/7. [\(877\) 505-7147](#) care@lyrahealth.com [Chat live](#) [FAQs](#)

View available care options

Based on your needs, Lyra will match you with recommended care options



Choose your own provider

Meet with our top-tier providers right away

The screenshot shows a web browser window with the Lyra logo in the top left and a hamburger menu in the top right. The main content area features a therapist profile for Azmeena. On the left is a portrait of Azmeena, a Black woman with long dark hair, smiling. To the right of the portrait is a text box with the following content:

Hi, I'm Azmeena

I'll help you write a new narrative for your life. I've been exposed to much diversity. I'll use all of my experiences to help you draw from your own to create a new, healthier narrative. I'm an advocate for outcomes and...

MY SPECIALIZATIONS INCLUDE
Academic concerns, Anxiety, Depression, Career Issues, Weight Loss, Stress, Life Transitions, Life Purpose, Workplace Issues, Bipolar disorder...

Exclusive content and exercises • Secure messaging • Video sessions

APPOINTMENT AVAILABILITY

Mornings 10 spots	Afternoons 14 spots	Evenings 10 spots	Weekends 4 spots

[See full profile](#)

Meet our recommendation...
Azmeena — a top tier Lyra therapist. She specializes in working with adult anxiety and panic attacks.
[See schedule](#)

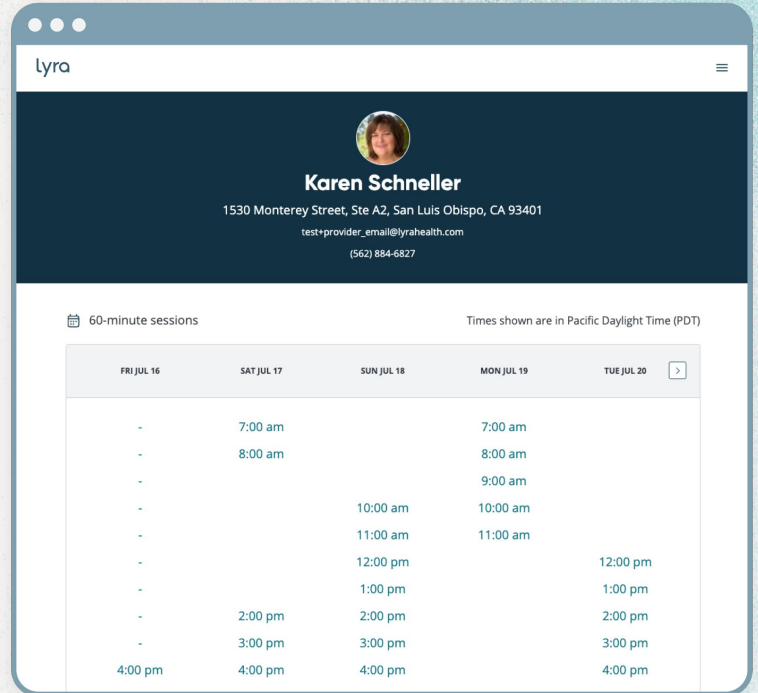
Keep in mind...
To prioritize providers of color, we've relaxed some criteria such as the availability to meet in the next 2 weeks. Need more support? [Contact us](#) — we're here for you.

More therapists who identify as people of color

Doris Chang-Kaplan Therapist
Video • In-person(2mi)
I specialize in the delivery of empirically-supported treatments, including cognitive behavioral therapy, that are tailored to individuals' cultures, social identities, and personal value systems. My treatment...
[See full profile](#) [Contact for availability](#)

Easily schedule your appointment

With daytime, evening and weekend availability, find a time that is convenient for you



The screenshot displays the Lyra patient portal interface. At the top, the Lyra logo is visible. Below it, the profile of Karen Schneller is shown, including her name, a circular profile picture, and contact information: 1530 Monterey Street, Ste A2, San Luis Obispo, CA 93401, test+provider_email@lyrahealth.com, and (562) 884-6827. The main section is titled "60-minute sessions" and includes a note that "Times shown are in Pacific Daylight Time (PDT)". A calendar grid shows availability for Friday, July 16, Saturday, July 17, Sunday, July 18, Monday, July 19, and Tuesday, July 20. The grid indicates available time slots for each day.

FRI JUL 16	SAT JUL 17	SUN JUL 18	MON JUL 19	TUE JUL 20
-	7:00 am		7:00 am	
-	8:00 am		8:00 am	
-			9:00 am	
-		10:00 am	10:00 am	
-		11:00 am	11:00 am	
-		12:00 pm		12:00 pm
-		1:00 pm		1:00 pm
-	2:00 pm	2:00 pm		2:00 pm
-	3:00 pm	3:00 pm		3:00 pm
4:00 pm	4:00 pm	4:00 pm		4:00 pm

Lyra will match you to recommended care options

The right care for every need



Lyra Essentials



Lyra Guided Self-Care



Lyra Coaching



Lyra Therapy



Lyra Medication

Wellness & Preventive Care

Moderate Care

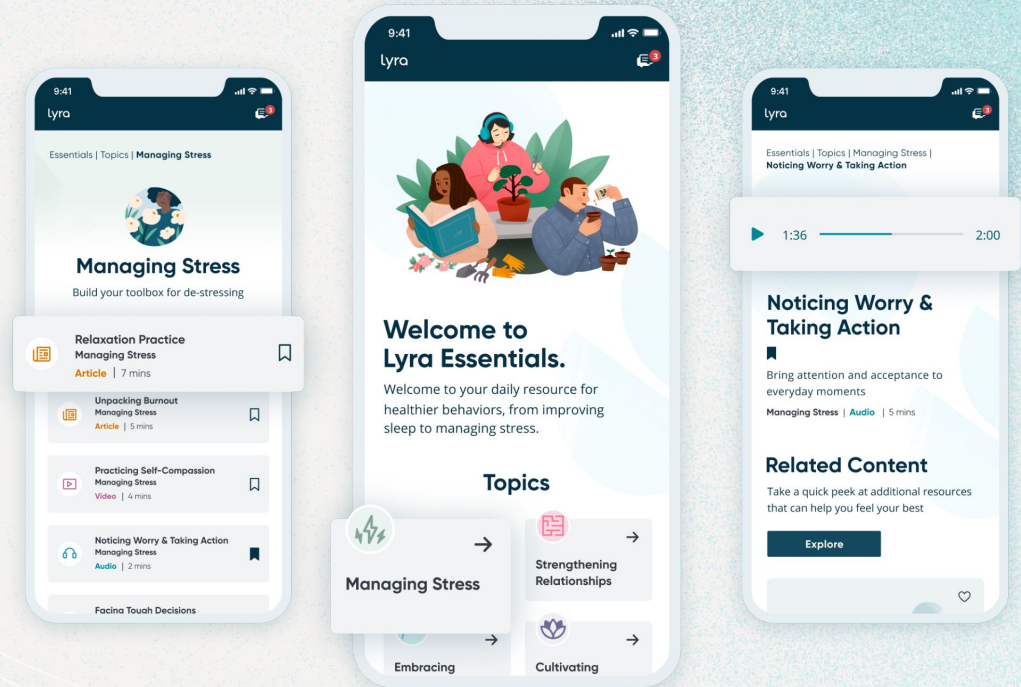
Complex



Lyra Essentials

Evidence-based self-care for every member

- Use Lyra Essentials, a new preventive mental health offering, to access a rich library of research-based self-care resources.
- Tap into guided meditations, how-to videos, and mindfulness tactics for everyday life in Lyra's app or on the web.

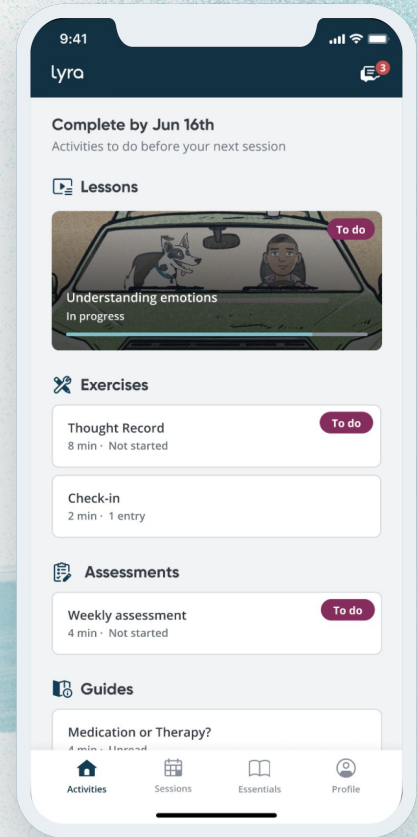


Guided Self-Care



Work through your care plan at your own pace and on your own schedule

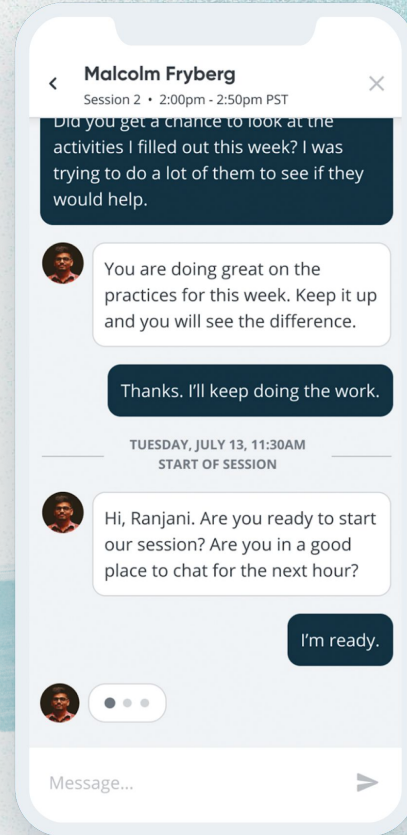
- Meet with your Lyra Coach for a live video session to discuss your needs.
- After your initial consultation, your Lyra Coach will craft a personalized six-week digital care plan with activities that directly address your goals.
- Your coach will keep you on track, provide specific feedback, and be available via messaging for questions and support.



Mental Health Coaching

Work with your Lyra Coach through regularly-scheduled sessions

- Choose to connect with your coach via live messaging through your mobile device or from your computer, or meet “face-to-face” over live video on a recurring basis.
- As you work together, you’ll continue to develop your toolkit of skills and strategies to support your mental health, and build strength for lasting change.
- Coaches trained to help parents work through the highs and lows of parenthood are available



Therapy

Access elite quality therapists through Lyra's provider network

- Lyra works only with the best therapists.
- All Lyra therapists must practice evidence-based techniques proven to reduce your symptoms.
- With Lyra's innovative Blended Care Therapy, you'll be able to stay connected with your therapist throughout the week.
- Practice skills to reduce your symptoms in between sessions.



9:41

Check-in

Instructions

Thinking over the last day, track the emotions you experienced, their intensity, and what (if any) therapy skills came to mind.

Anger / Frustration 3

0: none 10: extremely angry

Anxiety / Stress 7

0: none 10: extremely anxious

Depression / Sadness 3

0: none 10: extremely depressed

Hours of sleep 8


How often did therapy skills come to mind?


Submit





Lyra Renew


Support for members with moderate to high-risk drinking behaviors and alcohol use disorder (AUD)

 Alcohol screening, progress tracking

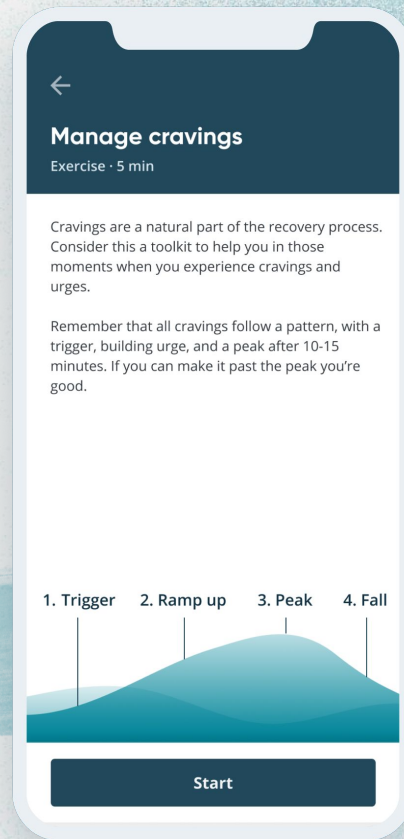
 Individual therapy

 Group sessions and unique digital lessons

 Weekly check-ins with support

 Medication*

 Care and resources for the entire family



Medication Management

Work with a physician to fulfill your medication needs







- Get matched with a mental health physician for medication consults, help tracking your symptoms, and direct messaging.
- Access follow-up appointments and prescription refills with the same physician

Medication Management requires members to use their health plan benefits and is always subject to a cost-share based on their outpatient mental health benefit.



Advanced Care Coordination Support from Lyra

High touch support when transitioning to intensive outpatient , partial hospital program, rehabilitation or in-patient facilities for kids, teens and adults

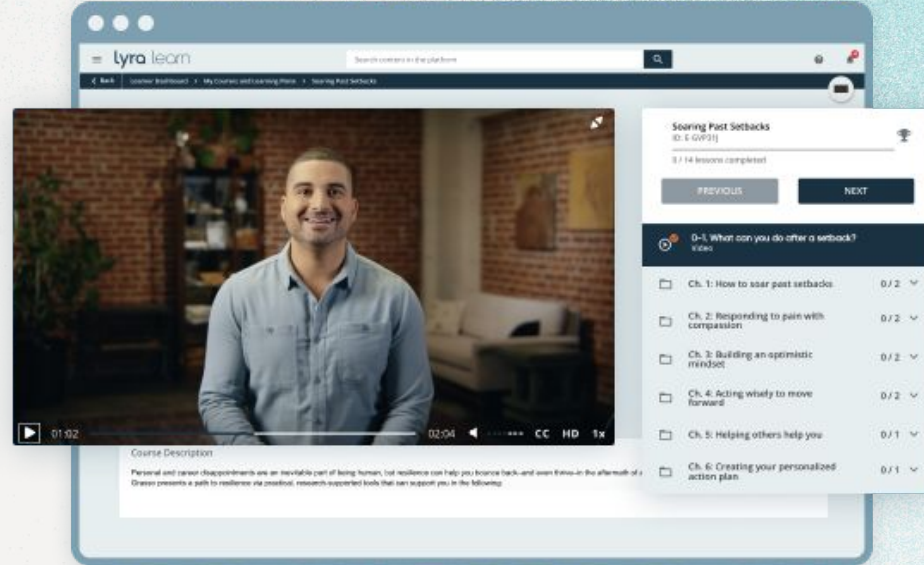
-  Evaluate facilities/programs for evidence-based care
-  Verify open bed availability
-  Determine if facilities/programs are in-network
-  Support patients through the transition to inpatient care
-  Offer family support and education
-  Autism Spectrum Disorder navigation



Lyra Learn

Mental health eLearning to help organizations foster a culture of mental well-being

- Lyra Learn is an eLearning platform that is 100% devoted to mental health and well-being.
- Explore unlimited on-demand courses taught by Lyra mental health professionals.



Get started with Lyra Learn at learn.lyrahealth.com

Enter your customer code: #morganstanley756

Lyra Learn Gatherings

Structured virtual discussion sessions led by clinical experts

- Members can attend Gatherings on topics such as race and ethnicity, gender, sexual orientation, religion and spirituality, working parenthood, veterans and more.
- Attendance is capped at 50 attendees to ensure a small-group experience.



Get started with Lyra Learn at learn.lyrahealth.com

Enter your customer code: #morganstanley756

Get support beyond mental health



Legal Services

Free consultation with an attorney and help with legal forms



Financial Services

Free consultation with a tax professional including support for filing taxes



Identity Theft Services

Free 60-min consultation with a fraud resolution specialist and ID emergency response kit

How to access work-life services



Legal Services



Financial Services



Identity Theft Services

The screenshot shows the Lyra website interface. At the top left is the Lyra logo, and at the top right is the user name 'Abigail' with a menu icon. The main heading is 'Welcome, Abigail'. Below this is a white box with the text 'Finding a provider is easy' and a sub-heading 'After learning more about you, we'll guide you to the right recommendation'. There are two buttons: 'Get started' and 'Find my child care (0-17)'. To the right of this box is an illustration of people connected by lines. Below this is a section titled 'Access wellness resources anywhere, any time'. Underneath are two tabs: 'LYRA TOOLS' and 'OTHER RESOURCES'. The 'OTHER RESOURCES' tab is active, showing a card for 'Work-life services' with the description 'Identity, theft, and financial support'. To the right of this is a section titled 'YOUR LYRA CARE TEAM IS HERE FOR YOU' with three items: 'Chat Live', 'care@lyrahealth.com', and '(844) 993-3322'. At the bottom, there is a footer with the text 'We're here for you 24/7. See our FAQs or contact us if you have questions', the phone number '1 (800) 993-3322', and icons for 'FAQ' and 'Chat Live'.

Lyra care experience

Our goal is to provide care that will help you feel better as soon as possible

"I have sought mental health services multiple times over the last 5 years and was never able to meet with a qualified provider. It was always draining and exhausting asking for help with no success. Lyra made it simple, easy and lowered the barriers to getting services timely."

— Lyra Member

Get started at
lyrahealth.com/morganstanley

(844) 926-2648 | care@lyrahealth.com

Morgan Stanley

MY WELLBEING

Be In the Know

200 Firm Benefits, Resources and Perks for You and Your Family

Comprehensive
Guide: Online and
Mailed Home

Video and
Testimonials

Webinars for Employees
and Partners

Employees + Partners
No password required

mybenefits.ms.com

Employees

TYPE IN BROWSER
beintheknow/



Benefits questions? Accolade Health Assistants | **866-386-0076**

Q&A

lyrahealth.com/morganstanley

(844) 926-2648 | care@lyrahealth.com

Appendix:

Lyra members have many different entry points to getting a Medication Consultation

ENTRY POINT



Care Recommendation

Based on digital assessment, member is recommended a medication consultation



Lyra Provider

refers to the member to get a medication consultation



Member reaches out to the care navigator team

Speaks with the care navigator team about a medication consultation

MEDICATION CONSULTATION

Physician conducts 90-min consultation to learn about the member's clinical history and medical background to determine if medication makes sense for them